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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-50)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
(950438)-MMART Five Made it Home for the Holidays
(950439)-Senior Enlisted Bring 'Experience' to the Deckplates
(950440)-EC3 -- Eastern Carolina Coordinated Care Eases Access
(950441)-Corpsman Delivers First Child -- His Own, On I-264
(950442)-Fire Razes Corpsman's Home in Yokosuka
(950443)-Hospitalman Earns Navy/Marine Corps Achievement Medal
(950444)-Pharmacy Technician Praised for Good Use of EMT Skills
(950445)-Naval Hospital Pensacola Goes On-line
(950446)-USNH Guam's Laboratory Receives Accreditation
(950447)-Public Encouraged to Send 'Any Service Member' Mail
(950448)-HEALTHWATCH: New Year's Resolutions from the AMA

HEADLINE: MMART Five Made it Home for the Holidays
NMC Oakland, CA (NSMN) -- For members of Naval Medical Center Oakland's Medical Mobilization Augmentation and Readiness Team Five, "I'll be home for Christmas" took on special significance as they completed the team's primary mission in the Persian Gulf and returned to San Diego last week.

Under the direction of CDR Mark P. Honig, MMART Five performed in the capacity of a Fleet Surgical Team during its scheduled 183-day deployment on board USS NEW ORLEANS (LPH 11). The 14-member MMART, made up mainly of physicians, nurses and corpsmen from Naval Medical Center Oakland, successfully completed all tasks assigned during its transit and deployment in the Persian Gulf. In addition to its regularly assigned duties as a medical augmentation unit, MMART Five was proactive in its support of all missions, mass casualty exercises and special forces operations conducted by the Amphibious Ready Group.

In August, the physician staff of MMART Five, including Oakland's CAPT Roger Espiritu, MC (assigned to the ARG as the

Commander, Amphibious Task Force Surgeon), traveled to Amman, Jordan, to sponsor a week-long intensive program on advances in cardiac and trauma life support to the Royal Jordanian Army Medical Corps. The lectures were so well received that MMART Five was Recognized by the Surgeon General of the Royal Jordanian Medical Corps in a formal reception during which he expressed interest in continuing the exchange of medical knowledge between our nations during future deployments.

In the future, however, MMART Five will deploy not from Oakland but from Naval Hospital Bremerton, WA, home base for two members of the recently deployed team and already home for all other elements of MMART Five. Naval Medical Center Oakland was recommended for closing by the third Base Realignment and Closure Commission and is scheduled to be closed in mid-1996. Based on a story by CDR Mark P. Honig, MC, USNR

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HEADLINE: Senior Enlisted Bring 'Experience' to the Deckplates
USNH Okinawa (NSMN) -- As the expression states, "an ounce of prevention is worth a pound of cure." This has motivated the Chief Petty Officers Mess of U.S. Naval Hospital Okinawa, under the leadership of its new Command Master Chief HMCM (AW) Paul S. Orr, to take a serious look at improving the after-hours watchbill process.

"Our current watchbill structure allows the senior and master chief petty officers the privilege of not actually being assigned to the watchbill," Orr explained. "However, with the OOD assuming the heavy responsibility of being the 'eyes and ears' of the CO after hours, the CPO Mess as a team suggested to the CO we add an extra 'e' to the 'eyes and ears' equation -- and so added 'experience'."

Commanding Officer CAPT R. L. Anderson, MSC, commented, "Many of our Navy medicine officers of the day (OODs) are young both in age and experience. The numerous SOP (Standard Operating Procedures) manuals, pass down logs, local instructions and Navy directives are helpful but, in all too many cases, they do not necessarily provide all the answers to all the situations presented on a typical, and not so typical, after-hours watch. For the most part, our senior and master chief petty officers have 'been there, done that' and can add that additional dimension of their experience to assist our OODs. I see this as a 'win-win' situation not only for the OOD and the rest of the watch team, but also for the whole reason we are here -- the patient."

The SCPOs and MCPOs are assigned to the watchbill for a week at a time. They are contacted by the OOD via phone or pager, if necessary, to assist the OOD when situations present that may not have a standard answer. In addition, they provide a "presence" through "management by walking around" -- in this case, the entire compound, including the barracks hallways, club and recreation facilities, at various times of the evening.

"The sight of a SCPO or MCPO in uniform walking the command has boosted morale immensely -- especially among the junior troops who see the 'old salts' staying involved," said Orr.

Story by HMCM(SW) M.C. Carr, U.S. Naval Hospital Okinawa
-USN-

HEADLINE: EC3 -- Eastern Carolina Coordinated Care Eases Access
BUMED Washington (NSMN) -- How can I get an appointment with
a CHAMPUS Preferred Provider in North Carolina? EC3. Where do I
go to get an appointment at Naval Hospitals Camp Lejeune, NC, or
Cherry Point, NC? EC3. Who can direct me to a pharmacy? EC3.
How can I get an appointment if I am a Medicare beneficiary?
EC3. Just like commercial services such as Dial Doctors or
Prologue, EC3 helps you find a doctor.

But what's EC3? It's the Eastern Carolina Coordinated Care
Health Care Finder Service Center at Naval Hospitals Camp Lejeune
and Cherry Point. EC3 improves access to health care services,
ensures quality and reduces costs for the more than 127,000
active duty and CHAMPUS-eligible beneficiaries in Eastern North
Carolina.

EC3 provides CHAMPUS eligible beneficiaries with access to a
network of civilian preferred providers when a patient's health
care needs cannot be met by the military medical treatment
facility. Using a three-way calling capability, EC3 Health Care
Finder Service can connect patients directly to the provider of
their choice, assuring each beneficiary receives the necessary
care promptly. Since the EC3 Health Care Finder Service Center
opened in April 1995, approximately 1,000 referrals are provided
each month. The providers offer discounted rates from regular
CHAMPUS and that results in reduced out of pocket expenses for
the customer. Health Care Finders can even help with filing
claims, CHAMPUS policy and benefits questions.

"One-stop shopping is our goal. Within the next year, EC3
will be able to make an appointment for any beneficiary in any
clinic, military or civilian, local or otherwise. We will also
provide non-availability statements and advice on benefits --
anything our beneficiary population needs," said EC3
representative, Terry Hamilton.

For more information or if you are interested in starting
your own Health Care Finder Service, call 1 800 263-4EC3 in North
Carolina or (919) 354-7676 outside North Carolina.
Story by Ms. Ann Kirby, Bureau of Medicine and Surgery

-USN-

HEADLINE: Corpsman Delivers First Child -- His Own, On I-264
NMC Portsmouth, VA (NSMN) -- HM3 John Cohen used his Navy
medical training in a most unexpected way on 19 December -- the
delivery of his child. Cohen, 24, who is assigned to the main
operating room at Naval Medical Center Portsmouth, said that
although he had assisted in the birth of newborns, this was his
first "delivery." And this delivery was not in a pristine
hospital setting, but along the interstate in his 1995 Dodge.

Cohen was at work in the early morning hours when he
received a call from his wife, YN3 Cassandra Cohen, assigned to
the Fleet Training Center Dam Neck, telling him that he was about
to become a father for the second time. He immediately drove to
his home in Virginia Beach, hurriedly helped his wife to their

car, and headed for Naval Medical Center Portsmouth.

The labor proceeded much faster than expected. A couple miles from their destination, the Cohens were caught in the morning rush-hour traffic on I-264. Cohen realized his daughter was being born, pulled the vehicle to the median, and 7-pound, 3-ounce Kirsten made her appearance. Cohen hailed a local rescue squad ambulance crew a few vehicles ahead and requested their assistance. The rescue crew called a Naval Medical Center Portsmouth ambulance, assisted with cutting the umbilical cord, and stayed with the family until the Navy ambulance arrived and transported YN3 Cohen and Kirsten to the hospital.

"I still feel numb all over," Cohen said. "It's basically still a shock to me," he said, "but my wife did all the work." Mother and baby are doing fine.

-USN-

HEADLINE: Fire Razes Corpsman's Home in Yokosuka

USNH Yokosuka, Japan (NSMN) -- Walking through a gray soot-slush, HM3 Joe Roncal picks up a twisted piece of metal. A glob of melted plastic falls off. "This is my stereo," he says. He steps over the bare black springs of his "new" queen-size bed. Charred walls enshroud the scene: All the furniture is gone. Christmas gifts, videotapes, clothes and photographs -- all gone.

On 4 December, the Roncal family -- Joe, his wife Wynell and son Timothy, born at the hospital 25 August 1995 -- lost their home in Shioiri, a ten-minute walk from the base. A fire broke out in the house next door, swept to the adjoining building, and quickly consumed their rental apartment.

Fortunately, the Roncals were not home; they were spending the night at a friend's home. "My first thought was not about the house or my possessions," said Roncal. "I was worried about our landlords who live upstairs."

Mr. and Mrs. Mukouyama are more than landlords. "He's like my dad. She's like my mom," said Roncal, staff member of U.S. Naval Hospital Yokosuka's Materials Management Department.

The Mukouyama family managed to escape the devastating fire. They were safe. The two families shared a joyful reunion. "We hugged each other tightly," confirmed Roncal.

Mr. Mukouyama had high praise for his tenants and for the Navy in general. "The Navy's job is for peace," he said. "The Navy is for peace for Japan and the world. We love the Navy."

Despite their loss, the Roncals are thankful they are safe. "If we had stayed here," said Joe, "we might have been roasted. We might have been dead."

He recommends everyone have insurance. Thanks to his renter's insurance, Roncal hopes to recoup some of the thousands of dollars in lost furniture, appliances, clothing and other items -- now turned to gray soot, and memories.
Story by Bill Doughty, USNH Yokosuka

-USN-

HEADLINE: Hospitalman Earns Navy/Marine Corps Achievement Medal

NAVHOSP Beaufort, SC (NSMN) -- HN Kari Jo Justus was presented the Navy and Marine Corps Achievement Medal by Navy

Surgeon General VADM Harold M. Koenig, MC, during his visit in mid-December to Naval Hospital Beaufort. Justus was awarded the medal for her professional response to an early morning emergency while assigned to the Battalion Aid Station, Weapons Training Battalion, Marine Corps Recruit Depot Parris Island, SC.

During a three-mile company run, a recruit of the battalion Justus was assigned to as medical support fell out of formation and was placed in a safety vehicle by a Marine Drill Instructor. When the recruit suddenly fell on his side and became unresponsive shortly after, "Justus quickly assessed the recruit and found him without a pulse or respiration," said the citation. "She immediately requested additional medical assistance via radio, while competently directing two Drill Instructors to assist her with CPR. Hospitalman Justus exhibited exceptional composure and highly professional medical skill throughout the entire crisis."

And through her "prompt and proficient actions," concluded the citation, "Justus prevented the loss of life at the scene of the emergency."

-USN-

HEADLINE: Pharmacy Technician Praised for Good Use of EMT Skills
NNMC Bethesda, MD (NSMN) -- A letter from Richard Svobode, of Prince George's Fire Department in Maryland, recently found its way to the Pharmacy Department at National Naval Medical Center Bethesda. The letter commended the actions last summer of HN Mark Fiore, a hospitalman who had been the first emergency medical person on the scene of an automobile accident.

"With his slim to none supply of medical equipment," wrote Svobode, "Mark used his recently acquired EMT (emergency medical technician) skills to calm and assess our patient. Upon our arrival he gave us a detailed description of the injuries and accident scene. His help was vital to providing efficient and proper emergency medical care to our patient."

The reason Svobode wrote to the pharmacy department was because Fiore is a pharmacy technician there. In an article about the incident in the command's paper, JO2 Roy DeCoster wrote that getting letters such as Svobode's was not unusual, because Navy corpsmen "help those in need wherever they may find them."

"What is unusual, however, is the fact that Fiore is one of the very few pharmacy technicians trained to be an EMT," wrote DeCoster. Fiore developed the desire to be an EMT after his second daughter stopped breathing while afflicted with whooping cough. Although the child survived relatively unscathed, the experience made Fiore fear for the lives of his other children should anything else happen.

"I want to know what to do, just in case," said Fiore. "I want to be able to help people."

-USN-

HEADLINE: Naval Hospital Pensacola Goes On-line

NAVHOSP Pensacola, FL (NSMN) -- Naval Hospital Pensacola is entering onto the "Information Highway" with the creation of its homepage on the World Wide Web. The Management Information

Department has taken "our guiding principles to heart" in creating the homepage, said the hospital's Executive Officer CAPT Carl E. Klingelberger, MC. Among those principles are "learning, and continuous improvement through innovation," he said.

Those accessing Naval Hospital Pensacola's homepage will find the military medical treatment facility's key telephone numbers and the locations of its seven Branch Medical Clinics -- from Panama City, Pensacola and Milton, FL; to Meridian, Pascagoula and Gulfport, MS. The homepage also has "medical links" to the Health Web, Centers for Disease Control and Prevention, and the U.S. National Library of Medicine.

"Government links" from the naval hospital's homepage will connect to homepages for the Navy's Bureau of Medicine and Surgery and the Office of the Assistant Secretary of Defense for Health Affairs. The health affairs link will also provide information on the Department of Defense's regionalized managed health care program known as TRICARE.

Personnel being transferred into the Pensacola area can tap into the homepage and find a "Gulf Coast Area Information" link that provides details about the community.

All this information and more about the 170-year-old command is available through the World Wide Web at <http://www.nh_pens.med.navy.mil>.

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HEADLINE: USNH Guam's Laboratory Receives Accreditation

USNH Guam (NSMN) -- The Laboratory Department at U.S. Naval Hospital Guam has been awarded its first-ever two-year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on a perfect score from an on-site, recently conducted inspection.

The inspection team commented that this was one of the finest clinical laboratories they have reviewed. The Laboratory Department at USNH Guam is one of more than 4,600 CAP-accredited laboratories nationwide, but the only accredited cytopathology laboratory and FDA-licensed blood bank in Micronesia.

The CAP accreditation certifies that the staff at U.S. Naval Hospital Guam performs testing procedures consistently and accurately, assuring maximum quality and validity of patient results.

The Bureau of Medicine and Surgery requires all Navy facilities performing clinical testing to conform to the 1988 Clinical Laboratory Improvement Act regulation and be subject to inspections by an independent accreditation agency such as CAP. Story by LT John Van Patten, MC, USNR

-USN-

HEADLINE: Public Encouraged to Send 'Any Service Member' Mail

CINCUSNAVEUR London (NSMN) -- The American public can now send cards and letters to Navy service members and their families who are supporting Operation Determined Effort and Joint Endeavor in the former Republic of Yugoslavia.

This mail can be addressed to "Any Service Member" at a designated Zip Code. The mail will then be forwarded on to

service members in their theater of operations.

The Navy has been allocated Zip Code: FPO AE 09398. Mail addressed to "Any Service Member" at that FPO will be sent to the Fleet Mail Center in Rota, Spain. There it will be designated for ships supporting the operations, which include USS LASALLE (AGF 3), USS NORMANDY (CG 60), USS MONTEREY (CG 61), USS SOUTH CAROLINA (CGN 37), USS DEWERT (FFG 45), USS BOONE (FFG 28), USS SCOTT (DDG 995), USS MONONGAHELA (AO 178), USS BUTTE (AE 27), USS OKLAHOMA CITY (SSN 723), USS HAMPTON (SSN 767), USS WASP (LHD 1), USS SHREVEPORT (LPD 12) and USS WHIDBEY ISLAND (LSD 41). This will keep the mail out of the commercial mail channel and assure all concerned that mail addressed directly to a service member will have first priority.

Sailors deployed on the ground for these operations will be given support for "Any Service Member" mail from their servicing APO in that area.

-USN-

HEADLINE: HEALTHWATCH: New Year's Resolutions from the AMA

AMA Chicago (NSMN) -- The majority of Americans don't make New Year's resolutions, says the American Medical Association, and even fewer keep the resolutions they make. More than 60 percent of Americans will not make New Year's resolutions in 1996, says a survey released by the American Medical Association last week. More than half of those who do make resolutions will not fulfill those promises.

The survey also reported that most Americans are reacting positively to healthy messages on diet, stress and fat intake. The most popular healthy resolutions for 1996 are: eating a healthier diet (82 percent), exercising more (84 percent), reducing fat in one's diet (62 percent) and reducing stress levels (76 percent). Unfortunately, Americans are ignoring their physician's advice to reduce alcohol consumption, with 81 percent declining to lower their alcohol intake.

The American Medical Association provides an annual list of resolutions as a reminder from physicians to their patients that a healthy lifestyle begins with prevention and good health habits.

SUBHEAD: AMA's New Year's Resolutions for 1996

1. Give us this day our daily sweat. Set aside 10 minute blocks of time, three times a day, to exercise. According to the Journal of the American Medical Association, everyone should do 30 minutes of moderate intensity exercise every day. Not only is this good for your health, but it can be fun, too. Ask a coworker to join you in climbing the stairs or taking a brisk walk at lunch. If you are at home, set aside some time for a walk with your children or neighbors.

Americans are out of shape primarily due to reduced activities and other lifestyle changes. Particularly troubling is the number of inactive Americans, especially children. "It's not true that Americans are too busy to take care of themselves," says Dr. Richard Corlin, speaker of the AMA House of Delegates. "The problem is not how much time we have, but how we spend that

time. We have to get off our backsides and exercise. Me too."

2. Talk to your kids about smoking before Joe Camel does. Every day, 3,000 children have their first cigarette. Three million Americans under the age of 18 smoke. Smoking cigarettes is the leading cause of avoidable death in the United States. Most kids start smoking at age 12. "Parents should begin talking to their children at age 7 about the damage and dangers of tobacco," says Corlin. "Parents should set a good example. Throw away clothing that advertises tobacco products. Clothes that support an athletic team are great, but pictures of Joe Camel have no place on a child's body."

3. Don't wait for an emergency -- select a primary care physician today. Many Americans do not have a primary physician. It is essential to establish a good patient/physician relationship that allows you to speak frankly about all aspects of your health.

"Preventive care improves when you have a good relationship with your physician," says Corlin. "Serious health problems can be found early or avoided altogether. And, in an emergency, your physician will be able to consult your health history in order to give you the best treatment possible."

4. Parental discretion advised -- be aware of violent television programming. Discuss television and movie violence with your children. Don't make TV the focal point of your leisure activities. Thirty-five percent of students in grades nine through 12 watch television for three hours or more every school day. Offer other enjoyable activities, especially those outdoors that include exercise.

Be aware of what your children are watching. Parents are in control here -- if you are at all troubled by the violent content of any program, turn off the set. It's that simple.

5. Don't belly up to the steering wheel. Don't drink and drive. Traffic crashes are the greatest single cause of death for individuals between the ages of six and 33. One out of two crashes are alcohol-related. More than 16,000 Americans lost their lives in drunk driving accidents last year.

"Drunk driving is still an epidemic in America," says Corlin. "There is no acceptable amount of alcohol to drink before driving. We should all support designated driver programs -- this is a problem we can solve."

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3. Important dates for January from the Bureau of Naval Personnel:

8 January: Active E-8/9 Special Selection Board Convenes
8 January: Active Nurse Corps Duty Under Instruction Selection Board Convenes
9 January: Morning (0600-0800) and Night (until 2200) Detailing (Washington, DC, time)
15 January: E-3/2/1 Evaluation Reports Due
16 January: Active O-6 Line Selection Board Convenes
16 January: Active Inservice Procurement Selection Boards Convene (Enlisted to Limited Duty Officer; Enlisted to Chief Warrant Officer; Chief Warrant Officer to Limited Duty Officer)

18 January: E-7 Advancement Examination Administered
22 January: Reserve O-6 Line Selection Board Convenes
23 January: Morning (0600-0800) and Night (until 2200)
Detailing (Washington, DC, time)
29 January: Active Rear Admiral (Lower Half) Staff Corps
Selection Board Convenes
31 January: O-3 Fitness Reports Due
31 January: Mid-Term Fitness Report Counseling for Active
O-6
31 January: Mid-Term Fitness Report Counseling for
TAR/Inactive O-6
Story by LT Kelly Watson, BUPERS

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4. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS
ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY
FORMAT) BY TELEPHONE, FAX OR EMAIL TO BUMED, ATTN: NAVAL
SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 762-3223,
DSN 762-3223. FAX (202) 762-3224, DSN 762-3224. EMAIL
nmc0enl@bumed10.med.navy.mil .

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